

SPARTANS JURONG WEST TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15-8:00am Basic Boxing	7:15-8:00am All Levels Boxing	7:15-8:00am Basic Boxing	7:15-8:00am All Levels Boxing	7:15-8:00am Basic Boxing		
8:15-9:00am All Levels Boxing	8:15-9:00am Basic Boxing	8:15-9:00am All Levels Boxing	8:15-9:00am Basic Boxing	8:15-9:00am All Levels Boxing	8:00-8:45am Basic Boxing	8:00-8:45am Kids Boxing
9:00-10:00am Closed	9:00-10:00am Closed	9:00-10:00am Closed	9:00-10:00am Closed	9:00-10:00am Closed	9:00-9:45am Kids Boxing	9:00-9:45am Basic Boxing
10:00-11:00am Closed	10:00-11:00am Closed	10:00-11:00am Closed	10:00-11:00am Closed	10:00-11:00am Closed	10:00-10:45am All Levels Boxing	10:00-10:45am All Levels Boxing
11:00-11:45am Closed	11:00-11:45am Closed	11:00-11:45am Closed	11:00-11:45am Closed	11:00-11:45am Closed	11:00-11:45am Basic Boxing	11:00-11:45am Basic Boxing
12:00-12:45pm All Levels Boxing	12:00-12:45pm Basic Boxing	12:00-12:45pm All Levels Boxing	12:00-12:45pm Basic Boxing	12:00-12:45pm All Levels Boxing	12:00-12:45pm Intermediate Boxing	12:00-12:45pm All Levels Boxing
1:00-1:45pm Basic Boxing	1:00-1:45pm All Levels Boxing	1:00-1:45pm Basic Boxing	1:00-1:45pm All Levels Boxing	1:00-1:45pm Basic Boxing	1:00-1:45pm All Levels Boxing	1:00-1:45pm Intermediate Boxing
2:00-4:30pm Open Gym	2:00-4:30pm Open Gym	2:00-4:30pm Open Gym	2:00-4:30pm Open Gym	2:00-4:30pm Open Gym	2:00pm Gym Closed	
4:30-5:15pm All Levels Boxing	4:30-5:15pm Kids Boxing	4:30-5:15pm All Levels Boxing	4:30-5:15pm Kids Boxing	4:30-5:15pm All Levels Boxing		
5:30-6:15pm Basic Boxing	5:30-6:15pm Basic Boxing	5:30-6:15pm Basic Boxing	5:30-6:15pm Basic Boxing	5:30-6:15pm Basic Boxing		
6:30-7:15pm Intermediate Boxing	6:30-7:15pm All Levels Boxing	6:30-7:15pm Intermediate Boxing	6:30-7:15pm All Levels Boxing	6:30-7:15pm Intermediate Boxing		
7:30-8:15pm Basic Boxing	7:30-8:15pm Intermediate Boxing	7:30-8:15pm Basic Boxing	7:30-8:15pm Intermediate Boxing	7:30-8:15pm Basic Boxing		
8:30-9:15pm All Levels Boxing	8:30-9:15pm Sparring	8:30-9:15pm All Levels Boxing	8:30-9:15pm Sparring	8:30-9:15pm All Levels Boxing		
9:30pm Gym Closed						